

A cold weather breathing device that protects the face including the mouth and nostril area from direct exposure to the external environment, prevents a user's goggles from fogging in cold environments, and keeps moist exhaled breath away from the user's face. In a preferred embodiment, the device is configured to provide separate breathing channels for exhaled air from the mouth and nose. To promote ease of cleaning, the breathing device can be attached to a head garment with a simple interlocking design that allows its removal and separate cleaning. The breathing device provides a nose-channel-forming member and mouth disc that are mounted on the head garment and inset into a mouth-channel-forming member which is thus attached to the head garment.

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